

<p align="center">NUTRITION CARE DIVISION FT CARSON MEDDAC – 1 INDEPENDENCE DAY</p>	
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SUNDAY 1 July 07	MONDAY 2 July 07	TUESDAY 3 July 07	WEDNESDAY 4 July 07	THURSDAY 5 July 07	FRIDAY 6 July 07	SATURDAY 7 July 07
Pancakes	French Toast Turkey Sausage Oatmeal/Grits	Pancakes Corned Beef Hash Oatmeal/Cream of Wheat	French Toast Country Fried Steak Oatmeal/Grits	Pancakes Corned Beef Hash Oatmeal/Cream of Wheat	Belgium Waffles Grilled Ham Oatmeal/Grits	French Toast

BREAKFAST: Fruit♥, juice, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, cream cheese, peanut butter, jelly, bacon, sausage, cream beef

LUNCH:

Soup de Jour Chicken Creole ♥ Country Fried Steak Steamed Rice ♥ Mashed Potatoes Cream Gravy Green Beans ♥ Corn Dinner Rolls	Garden Vegetable Soup Soup de Jour Braised Pork Chop ♥ Fried Chicken Swiss Steak Rissoli Potatoes Sautéed Cabbage♥ Broccoli ♥ Mushroom Gravy Noodles Jefferson Dinner Rolls	Chicken Gumbo Soup de Jour French Dip Sandwich w/Au Jus Glazed Cornish Hen ♥ Chicken Gravy Grilled Liver and Onions Rice Pilaf Cheesy Roasted Potatoes Capri Blend Spinach ♥ Dinner Rolls ♥	Chicken Tortilla Soup Roasted Chix w/ Almonds♥ Gravy Mediterranean Potatoes♥ Broccoli ♥ Dinner Rolls	Soup de Jour Chicken Dumpling Soup Chicken Francois ♥ Lasagna Vegetable Lasagna♥ Pesto Pasta Scalloped Potatoes Italian Zucchini Vegetable Medley♥ Garlic Bread	Clam Chowder Soup de Jour Chicken Pasta ♥ Grilled Teriyaki Turkey Cutlets Baked Tilapia w/Orange♥ Tomato Salsa Macaroni & Cheese Green Beans♥ Okra & Tomatoes♥ Baked Potato w/Sour Cream and Chives Dinner Rolls	Soup de Jour Oven Baked Dijon Chicken ♥ Chicken Gravy Pasta Fresca♥ Rancho Fiesta Blend ♥ Mashed Potatoes Dinner Rolls ♥
Deli Special	<i>Wings & Potato Bar</i>	<i>Taco Nacho Bar</i> <i>Crispy BLT Chicken Salad</i>		<i>Asian Bar</i> <i>Mandarin Chicken Salad</i>	<i>Seafood Bar</i> <i>Chef Salad</i>	<i>Deli Special</i>

LUNCH: Salad Bar **Weekdays Short Order:** Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers♥, Grilled Chicken Sandwich♥, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties, Cakes, Pies and Cookies.

Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, Grilled Chicken Sandwich♥ and French Fries, Cakes, Pies, and Cookies

DINNER:

“MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS.”

Soup de Jour Sweet & Sour Pork Spinach ♥ Steamed Rice♥ Garlic Bread	Soup de Jour Cajun Baked Fish♥ Orange Rice ♥ Summer Squash ♥ Dinner Rolls	Soup de Jour Roast Turkey♥ Bread Dressing Mashed Potatoes ♥ Turkey Gravy Vegetable Medley ♥ Cranberry Sauce Dinner Rolls	Soup de Jour Pot Roast♥ Baked Potato ♥ Sour Cream Brown Gravy Green Beans ♥ Dinner Rolls	Soup de Jour Salisbury Steak ♥ Parsley Red Potatoes♥ Carrots ♥ Brown Gravy Dinner Rolls	Soup de Jour Cajun Chicken ♥ Wild Rice ♥ Brussels Sprouts ♥ Dinner Rolls	Soup de Jour Braised Pork Chop w/onions♥ Mashed Potatoes ♥ Zucchini ♥ Dinner Rolls
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<u>HOURS:</u>	<u>BREAKFAST :</u>	Weekdays:	0600-0830	<u>LUNCH:</u>	<i>Weekdays:</i>	Full Menu	1100-1300	<u>DINNER:</u>	Full Menu	1600-1730
		Weekends/Holidays	0630-0800			Self Service/ Short Order	1300-1400			
					<i>Weekends:</i>		1130 – 1300			

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)

MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division